

Turkey Burgers

Makes: 4 Servings

Ingredients

1 pound turkey, ground
2 onion (medium)
3 tablespoons lemon juice (or 1 lemon juiced)
1/4 teaspoon Worcestershire sauce
1/4 teaspoon parsley (dried or fresh)

Directions

1. Chop onions.
2. Combine onions, turkey, lemon juice, worchestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F.